

# 21<sup>st</sup> ANNUAL RUNNING WITH THE BAND IN BEULAH LAND

## Saturday, November 11, 2023

Come run/walk a Mile, 4K, 5K or all three in Valley, Alabama.  
Beulah High School is located at 4848 Lee Road 270 Valley, AL 36854.



**1 Mile:** 8:00 a.m. central time/9:00 a.m. eastern time

**4K:** 8:30 a.m. central time/9:30 a.m. eastern time

**5K:** 9:30 a.m. central time/10:30 a.m. eastern time

**Bonus Home Runs 4K & 5K for points. Must run by November 13**

and send results to [rkeel@mindspring.com](mailto:rkeel@mindspring.com)

### VIRTUAL RUNS

**Run all five races between November 8 and November 13 and submit times by November 14**  
**Shirts and points will be given, but no awards for the virtual runs**

#### Entry Fee:

\$20.00 for one race if received by October 27, 2023/\$25.00 if received after October 27, 2023

\$25.00 for two races if received by October 27, 2023/\$30.00 if received after October 27, 2023

\$30.00 for three races if received by October 27, 2023/\$35.00 if received after October 27, 2023

\$35.00 for four races if received by October 27, 2023/\$40.00 if received after October 27, 2023

\$40.00 for five races if received by October 27, 2023/\$45.00 if received after October 27, 2023

#### 1 Mile Awards:

Top Female/Male: Overall, Beulah High, Beulah Elementary and top three in each of these divisions: 6 & under, 7-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. **Points will be given for the mile run.**

#### 4K & 5K Awards:

Top Female/Male: Overall, Master, Grandmaster, Senior Grandmaster and top three in these age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over.

**Questions:** Call Roger Keel at 334-524-2884 or email at [rkeel@mindspring.com](mailto:rkeel@mindspring.com).

#### Mail Check & Entry to:

Beulah High School Band Run  
Attn: Ms. Christy Magbee  
4848 Lee Road 270  
Valley, Alabama 36854

**Shirt Size (Circle One):** YS YM YL S M L XL XXL XXXL

**Shirt Type (Circle One):** Technical Shirt Cotton 50/50

**I don't want to run. Please mail my shirt after the race.**

**Races (Circle ones you will run in person):** 1 Mile, 4K, 5K,

**Races (Circle ones you will run virtually):** 1 Mile, 4K, 5K, Bonus Home Run 4K, Bonus Home Run 5K

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Gender:** \_\_\_\_ **Age:** \_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone** \_\_\_\_\_

In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages that I may have against the Beulah Band Association, race directors, officers, agents of them, any and all injuries suffered by me in this event, including pre and post-race activities, and agree they are under no obligation to provide a physical examination or other evidence of fitness to participate. I attest and verify that I am physically fit and have sufficiently trained for this event.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*\*Parent must sign if participant is under 18 years of age*